



Growing Healthy Kids Columbus

VISION: *Columbus is a community in which all children have daily opportunities for active play and access to nutritious foods that lead to children entering kindergarten ready to live, learn and play at their best.*

Minutes

July 25, 2017 10:00am - 11:30am
Columbus Public Health, 119C

Attendance

Organization	Member
CPH – Growing Healthy Kids Columbus	Ali Segna
CPH – Creating Healthy Communities	Katie Stone, Kelly Hill, Dana Dorsey
Nationwide Children’s Hospital – Center for Healthy Weight and Nutrition	Megan Gorby
Children’s Hunger Alliance	Mark Haynes
CPH – CDC PHAP, Chronic Disease Prevention	Elise Fester
CPH – Strategic Nursing Team	Bob Holomuzki
CPH – Healthy Children Healthy Weights	Hannah Bills, Alyssa Dorsey, Claudette Bailey
OSU Extension – Franklin County	Jenny Lobb
YMCA – Head Start	Jess Lambie
OSU Extension	Carol Smathers
FCPH	Kristin Peters
Action For Children	Christi Meuser
American Heart Association	Lory S. Winland
Mid-Ohio Foodbank	Amy Headings
YMCA	Lynne’ Steinhaus

STEERING COMMITTEE MEMBERS:

Carolyn Bernard, Columbus City Schools
Megan Gorby, Nationwide Children’s Hospital
Mark Haynes, Children’s Hunger Alliance
Ali Segna, Columbus Public Health
Bobbi Shannon, YMCA of Central Ohio

Carol Smathers, Ohio State University Extension
Dawn Sweet, Franklin County WIC
Hannah Bills, Columbus Public Health
Rebecca Wade-Mdivanian, Ohio State University Life Sports
Maria Villareal, CDCFC Head Start
Matthew Yannie, United Way of Central Ohio

10:00am – 10:30am Member Introductions and Program Updates

All

- Highlights
- New resources/education
- Policy, system and/or environmental changes
- Challenges or barriers

Partner/Organization	Program Updates
Ali Segna, CPH/GHKC	Keep an eye out for imminent outlook invites for meetings through the end of the year; Healthy Celebrations Ring of Fun available on HCHW Tools and Resources page; coalition's NACCHO Model Practice Award was accepted.
Dana Dorsey, CPH/CHC	Fresh Foods Here cooking demos July 31(North Linden Market), August 7 (Little's Village IGA), flyers available
Mark Haynes, CHA	CHA recently hosted a D.I.Y. Taco Bar at organization potluck
Hannah Bills, Alyssa Dorsey and Claudette Bailey, CPH/HCHW	Attended NACCHO conference, also received Model Practice Award for HCHW; hosted session with Camp Public Health, hosted at CPH, junior high to early high school students spend the week learning about public health, kids used D.I.Y. Trail Mix Bar, talked about reducing screen time, the importance of physical activity, and proper snack planning; team is working on online training modules – 4 modules, currently putting finishing touches on materials to roll out new curriculum in September; training opportunity for Farm to ECE, looking at supporting (financially and otherwise) fresh foods/gardens at care centers
Bob Holomuzki, CPH/SNT	Reeb Center has been busy, South Side Family Expo last weekend and Open Minds, Open Mic youth performance, July 28 12-4 p; Columbus Public Health Farmer's Market starts Thursday July 27, runs August 3 and August 10
Jess Lambie, YMCA Head Start	August schedule is mainly professional development, teaching "I am Moving, I am Learning" curriculum, partnering with disability specialization team to do sensory specific aspect of training
Jenny Lobb, OSU Extension – Franklin County	Teaching a pickling class today, tomato canning class in August, "Dining with Diabetes" class in September
Kristin Peters, FCPH	Preparing to roll out Ohio Days, at least 3 new districts committed
Christi Meuser, Action For Children	Started new cohort last night, still has some openings but must act fast; her roll includes connecting young fathers to parenting resources and materials, as well as courthouse advocacy
Carol Smathers, OSU Extension	Planning Great Apple Crunch in October – movement for farm to school healthy eating – link to come
Kelly Hill	First meeting; Smoke-free Manager at Columbus Public Health
Katie Stone	Creating Healthy Communities RFP due at end of the

	month; Youth Program kick-off imminent
Amy Headings	Mid-Ohio Food Bank started Pantry Pre-Pack option; writing grant for pilot project to try out online ordering for pantries
Lori S. Winland	Redoing priorities for this coming fiscal year, more local priorities possible; did not get tobacco tax parity passed, but sustained other funding (though did not receive as much as requested).

10:30am – 10:55am Mid-Ohio Foodbank – Childcare Express

Amy Headings
Lynne' Steinhaus

- Work with pantries and produce markets
 - Also YMCA, parks and rec, school pantries, etc.
 - Mobile market
- Childcare Express Pilot 1 – September 2015
 - Sites chosen – care centers had to be OHP trained, have a capacity/interest to pick up food, in an area with low access to emergency feeding, and willingness to document in PantryTrak system
 - 5 locations: Linden and South Side
 - Model – daycare staff had to regularly access produce at MOF (didn't have room on express trucks to make drops), distribute to families when children were picked-up
 - Learned: sites interested in participating, but significant logistical challenges for staff picking up produce
- Childcare Express Pilot 2 – March 2017
 - Sites chosen – care centers had to be OHP trained, capacity to handle ½ or whole pallet of produce weekly, in an area with low access to emergency feeding, and willingness to document in PantryTrak system
 - 4 locations: North Linden/Minerva Park, East Side
 - Model – On weekly produce distribution, MOF drops 1 pallet (though most sites dropped to ½ pallet weekly or 2x per month), site responsible for storage and distribution
 - Evaluation – text survey had low response rate, likely switch to in-person survey at each P.O.D.
- Future work
 - Re-evaluate Pilot 2 in September
 - Try new survey methods for evaluation
- Questions:
 - Considering translating surveys? Let CPH/HCHW know if need help
 - Regarding missed populations: no daycares bus children, children are dropped off
 - Regarding text evaluation: according to center staff, most families have smart phones
- Testimonial: KIPP
 - Set up to do activities as a family upon entering center
 - Art and science projects and healthy cooking demos especially engaging for families
 - Have had success posting personalized pictures around messaging posters (i.e. Water First for Thirst)
 - Every child knows Thursday is market day, kids help set up market

- Children now know fruits and vegetables are coming – and get excited about produce “I get to eat my vegetables”
- Use notebook to track families’ participation and enter into PantryTrak later
- Have begun typing out recipes to provide to families depending on produce available
- Had success hosting a dancing celebration at same time
- Started serving fruits/vegetables at parties to little/no complaint
- Recently began a community garden
 - Asked parents what to grow – okra, beans, strawberries, etc.
 - Have 8 raised beds – including one pollinator bed

10:55am – 11:00am Activity Break

All

11:00am – 11:30am Going Smoke Free and Obesity Prevention

Elise Fester
Kelly Hill

- Take the Smoke Free initiatives Pop Quiz
- Creating Healthy Communities Smoke-free initiatives include:
 - Smoke-free housing
 - Smoke-free workplaces
 - Smoke-free outdoor areas
 - Youth engagement
 - Ohio smoking laws
- Smoke-free and tobacco free means:
 - cigarettes, e-cigarettes, smokeless tobacco, hookah, ghutka/betel nut, Native American traditions (Keep Tobacco Sacred)
- Smoke-free outdoor areas means:
 - eliminating secondhand smoke in playground areas; increased visibility of signage and decreased visibility of butt litter
- Smoke-free workplaces means:
 - Employers develop policies, increase compliance
 - Smoke free workplace law highlights:
 - (A) No smoking in places of employment or entrances.
 - (B) Tobacco smoke must not enter through entrances, windows, ventilation systems or other means.
 - (C) Employees are protected for reporting violations.
 - (D) Violators should discontinue smoking when requested to do.
 - (E) Lack of intent to violate is not a defense to a violation.
 - ** No specified distance – proprietor is permitted to establish a minimum distance from the doorway or building.
 - ** A covered patio that allows smoking must not have more than 2 walls.
- How to report a violation:
 - Phone: 1-866-559-OHIO
 - E-mail: nosmoke@odh.ohio.gov
 - Mail: Download our form and mail to:
Ohio Department of Health Smoke-Free Workplace Program
246 N. High St. Columbus, OH 43215
 - Local enforcement officer will do an investigation, communicate with business owner

- Ways to get involved:
 - Tobacco-Free Collaborative meeting: August 9 (2:30-4 at CPH)
 - Chronic Disease Prevention Advisory Board meeting: August 24 (2-4 at CPH)
 - Email Ali for more info
- Metal signs available for childcare centers or worksites – artwork also available
- Questions:
 - Worksites choose how far away from a building qualifies as the “entrance”
 - If concerned, encourage worksite to designate a specific smoking site away from entrance
 - Couldn’t restaurant and bar patios count as a workplace area?
 - Exactly, one of those gray areas
 - Training and educational activities ARE available through CPH team – i.e. at a parent meeting
 - What about creating a coalition of worksites to ensure all adjacent businesses are smoke-free?
- Tobacco and Obesity
 - Smoking During Pregnancy
 - Smoking linked to intrauterine growth restriction
 - Meta-analysis: 84,563 children, across 14 studies
 - Smoking during pregnancy elevated child’s risk to be overweight starting at age 3
 - Two-fold increased risk of being overweight in childhood and adolescence
 - Three-fold in early adulthood
 - Does trimester matter?
 - Possibly, lower-risk observed in children born to mothers who quit within the first trimester
 - Role of Nicotine
 - Rats exposed to nicotine during perinatal development tended to have a higher body weight and more fat mass compared to controls
 - First apparent at weaning and persisting through adulthood
 - Other studies identify associations between perinatal nicotine exposure and disruption of:
 - Biological pathways linked to Type II Diabetes
 - Neural pathways linked to energy intake and expenditure
 - Effects of Secondhand Smoke?
 - Secondhand smoke alone not as compelling of an indicator (and difficult to significantly separate from smoking during pregnancy)
 - But some evidence does exist that obesity risk increases with smoke exposure
 - Disclaimer:
 - Review of literature suggests maternal pregnancy smoking status, gestational weight gain, and weight gain in infancy have long-term effects on offspring’s overweight/obesity status
 - However, **maternal overweight/obesity** is the strongest predictor of overweight/obesity in offspring
 - Community examples of a problem/solution
 - Ex. Powell festival – at the park, police enforced
 - Ex. Health fair – smoking next to a play area, better enforcement needed

- Ask: Should we amend the GHKC vision statement to account for environmental factors?
 - General agreement that it'd be worth working on
 - Potentially adding wording around safety?
 - Suggestion: “Columbus is a community in which all children have daily opportunities *to grow in an environment that supports active play and access to nutritious foods* that lead to children entering kindergarten ready to live, learn and play at their best.”

Next Meeting: August 29, 2017, 10:00am-11:30am Columbus Public Health, 119C.

Next Steps: What activities could we add to the Healthy Gatherings Challenge to promote implementation of policy, system and environmental changes?